

Veggie-Packed Indian Lentils

Makes: 6 Servings

“My mom inspires me to eat healthy. She encourages me to eat fresh fruits and vegetables,” says Skylar. “Our family recently became vegan. For this recipe we recreated my favorite store-bought boxed Indian lentils, and made it full of veggies. Vegan food can be healthy and full of flavor. I love this recipe served with brown rice and a Mango Lassi. I hope you enjoy.”

Ingredients

For the Veggie-Packed Indian Lentils:

- 1 tablespoon** canola oil
- 1/4 cup** yellow onion, peeled and chopped
- 3** garlic cloves, peeled and minced
- 4 cups** vegetable broth, plus 2 cups water
- 2 cups** peeled and diced carrots
- 2 cups** chopped cauliflower
- 2 cups** lentils, rinsed and drained
- 1** 15-ounce can kidney beans, rinsed and drained
- 1** 6-ounce can tomato paste
- 1** bay leaf
- 1 tablespoon** fresh ginger, grated
- 2 tablespoons** curry powder
- 1 teaspoon** cumin
- 1 teaspoon** salt
- 1/2 teaspoon** freshly ground black pepper
- 1/4 teaspoon** cinnamon
- 1/8 teaspoon** ground cloves
- 1/2 teaspoon** coriander
- 1 tablespoon** chili powder
- 1/2 cup** lite coconut milk
- 4 cups** fresh spinach, chopped
- Cooked brown rice (optional)

For the Mango Lassi (not pictured):

- 1 cup** frozen mango chunks
- 1 cup** nonfat plain yogurt
- 1/4 cup** milk (or soy, almond or coconut milk)
- 1/4 teaspoon** cardamom powder
- 1/4 cup** maple syrup



Nutrition Information

Nutrients	Amount
Calories	325
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	1 mg
Sodium	745 mg
Total Carbohydrate	58 g
Dietary Fiber	14 g
Total Sugars	27 g
Added Sugars included	8 g
Protein	16 g
Vitamin D	N/A
Calcium	235 mg

Directions

1. **In a large stockpot**, warm oil over medium heat, add onion and cook about 4 minutes, or until slightly tender. Add garlic and cook 1 minute, then add all of the other ingredients except the spinach and rice, and bring to a boil. Reduce the heat to low and simmer for 40 minutes, or until lentils are tender. Add spinach and simmer for 5 minutes more, or until heated through. Serve with brown rice.
 2. **To make Mango Lassi:** In a blender, thoroughly blend all the ingredients. Serve chilled.
- The 2016 Healthy Lunchtime Challenge Cookbook